आर्याष्टाङ्गमार्गः

āryāṣṭāṅgamārgaḥ

The Noble[1] Eightfold[2] Path[3]

1. आर्या (*ārya*), *"Noble[*] One".*

** Noble, from Latin nōbilis, from earlier Proto-Italic gnōskō "to know", cognate with Sanskrit* जानीते (*jānīte*)*, from* √ज्ञा (*jñā*)*, "to know (oneself)"; see "actions whose fruit returns to the agent, action performed for oneself, reflexive involvement, internalisation of action". Aṣṭādhyāyī, Adhyāya 1, Pāda 3, Sūtra 72 (Pāṇini).*

2. अष्टाङ्ग (*aṣṭāṅga*) → अष्ट (*aṣṭa*) + अङ्ग (*aṅga*)*: having "eight-limbs, eight factors, eight members, eight components; consisting of eight parts; eight-fold."*

3. ***The Eight-Limbed Path to Know Oneself.***

तत्र कतमा दुःखनिरोधगामिनी प्रतिपत् ।
एष एवार्याष्टाङ्गमार्गः तद्यथा । सम्यग्दृष्टिः । सम्यक्संकल्पः । सम्यग्वाक् । सम्यक्कर्मान्तः । सम्यगाजीवः । सम्यग्व्यायामः । सम्यक्स्मृतिः । सम्यक्समाधिरिति ।
इदमुच्यते दुःखनिरोधगामिनी प्रतिपदार्यसत्यमिति ॥

tatra katamā duḥkhanirodhagāminī pratipat |
eṣa evāryāṣṭāṅgamārgaḥ tad-yathā | samyagdṛṣṭiḥ | samyaksaṃkalpaḥ | samyagvāk |
samyakkarmāntaḥ | samyagājīvaḥ | samyagvyāyāmaḥ | samyaksmṛtiḥ | samyaksamādhir iti |
idam ucyate duḥkhanirodhagāminī pratipadāryasatyam iti ||

What, then, is the path leading to the cessation of suffering?

This indeed is the noble eightfold path: right view, right intention, right speech, right action, right livelihood, right effort, right mindfulness, and right concentration.

This is called the noble truth of the path leading to the cessation of suffering.

Śrī Maccidānanda Nātha (2026).